

Job Seeking **Skills Workshops**

November 2015

★ **Midvale Employment Center**
7292 S. State St. • Midvale

Register for
reserved seating.
Walk-ins
welcome.



- Our workshops are designed to give you the skills necessary to succeed in a highly competitive job market.
- No-cost workshops are open to all job seekers.
- Register at jobs.utah.gov, or speak with an employment counselor.
- Workshops start on time. Late-comers will be asked to reschedule.

Job Seeking Skills	
RESUMÉ WRITING:	
Nov 2	1:00 PM–3:30 PM
Nov 16	1:00 PM–3:30 PM
INTERVIEWING SKILLS:	
Nov 10	9:00 AM–11:30 AM
Nov 30	1:00 PM–3:30 PM
NETWORKING STRATEGIES:	
Nov 9	1:00 PM–3:30 PM
*LINKEDIN #1:	
Nov 12	9:00 AM–11:30 AM
*LINKEDIN #2:	
Nov 3	1:00 PM–3:30 PM

RESUMÉ WRITING:

Learn how to write and design a cutting-edge resumé and cover letter or power up a current resumé to get that interview. This workshop is designed for customers who are ready to write a resumé and start actively job searching.

INTERVIEWING SKILLS:

Learn to be confident in an interview, research employers, market your skills and answer questions to enhance interview effectiveness.

NETWORKING STRATEGIES: Learn how to design and implement a networking plan.

LINKEDIN #1:

Learn how to sign up, complete and make your profile effective. We will teach what experts look for in a good profile.

**Prerequisite — must have basic computer and Internet navigation skills. Register first, as computers are limited.*

LINKEDIN #2:

Learn how to find and connect to others that can help you in your career. Find networking opportunities, get introductions, personal brand management and job search.

**Prerequisite — must have a current LinkedIn account and complete profile or have attended LinkedIn #1. Register first, as computers are limited.*

continued

Workforce Services • jobs.utah.gov



Equal Opportunity Employer/Program

Auxiliary aids and services are available upon request to individuals with disabilities by calling 801-526-9240.
Individuals with speech or hearing impairments may call the Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.

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November 2015 (continued)

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Life Skills

BUDGETING AND CREDIT:

Budgeting - Nov 17	8:30 AM–12:00 PM - TIER 1
Credit - Nov 19	8:30 AM–12:00 PM - TIER 1

FINDING HEALTHY RELATIONSHIPS – HOW TO AVOID A JERK OR JERKETTE:

Nov 4	9:00 AM–12:00 PM BREAK/LUNCH 1:00 PM–5:00 PM
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STRENGTHENING THE COUPLE RELATIONSHIP:

Nov 13	9:00 AM–12:00 PM BREAK/LUNCH 1:00 PM–5:00 PM
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PARENTING WITH LOVE AND LOGIC:

Nov 18	9:00 AM–12:00 PM BREAK/LUNCH 1:00 PM–5:00 PM
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FOOD SENSE - USU EXTENSION:

Nov 24	9:00 AM–11:30 AM
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BUDGETING AND CREDIT: Learn how to budget, save, repay debt and build credit.

FINDING HEALTHY RELATIONSHIPS – How to Avoid a Jerk or Jerkette: For singles of all ages—participants learn steps to building a high-quality, long-lasting relationship.

STRENGTHENING THE COUPLE RELATIONSHIP: Designed for couples in committed relationships—learn to understand one another's differences, increase trust and dependability and develop a deeper commitment.

PARENTING WITH LOVE AND LOGIC: Learn how to raise responsible children and have more fun—topics include ending power struggles, teaching responsibility, setting limits and preventing arguments, problem solving and completing chores without conflict.

FOOD SENSE - USU EXTENSION: Healthy Eating on a Budget. Learn how to make a food budget last all month long, plan and create a menu, shop from a list, save money on food and eat healthy. Food demonstration provided to learn how to prepare food in an easy, quick and healthy way.

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